



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

BALTRES, Andreas

□□□: 5:34:06

□□: TSV Rönsahl

□□: 7.54 km/h

□□: 9

□□□□: 7:55 min/km

□□: 42.16 km

□□□□□/□□□: 251 (of 289)

Marathon

□□□□□/□: 230 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 47(of 50)

Männer M45

□□□□□□□: 3:39:13

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 32:51 | 6:14 | 31 | 9:28 | 155 | 10:29 | 5.27 | 32:51 | 6:14 | 23 | 1:11 | 240 | | |
| □□ 2 | 5.27 | 33:38 | 6:22 | 36 | 9:01 | 182 | 10:12 | 10.54 | 1:06:29 | 6:18 | 18 | 1:47 | 175 | | |
| □□ 3 | 5.27 | 37:53 | 7:11 | 49 | 12:32 | 237 | 14:15 | 15.81 | 1:44:22 | 6:36 | 23 | 3:42 | 235 | | |
| □□ 4 | 5.27 | 43:13 | 8:12 | 49 | 16:23 | 251 | 18:35 | 21.08 | 2:27:35 | 7:00 | 20 | 10:32 | 193 | 15:55 | |
| □□ 5 | 5.27 | 45:56 | 8:42 | 49 | 18:18 | 251 | 20:37 | 26.35 | 3:13:31 | 7:20 | 21 | 12:48 | 214 | 1:10:42 | |
| □□ 6 | 5.27 | 48:07 | 9:07 | 48 | 19:55 | 245 | 22:16 | 31.62 | 4:01:38 | 7:38 | 23 | 22:54 | 212 | 1:32:52 | |
| □□ 7 | 5.27 | 47:20 | 8:58 | 46 | 19:09 | 221 | 21:13 | 36.89 | 4:48:58 | 7:49 | 21 | 23:22 | 206 | 1:54:05 | |
| □□□ Ziel | 5.27 | 45:08 | 8:33 | 42 | 16:45 | 197 | 19:25 | 42.16 | 5:34:06 | 7:55 | 48 | 4:13:20 | 241 | 5:07:19 | |